August 9 - "From Sea to Sky: The Journey from a Small Seaside Town to the Highest Peaks"

Join Lindley Zerbe, DDS, born and raised on the peninsula, as he presents his one of kind experience showing video images and personal insights from his 2005 Everest Expedition and reflections on the state of climbing and guiding on big mountains. His passion for adventure has taken him all over the world, from treks into the Ventana wilderness area bordering his hometown of Carmel, CA. to rock climbing, skiing and trekking trips throughout the US, to cavern diving in the Yucatan Peninsula, Mexico, to a coral reef research station near Eilat, Israel, the site of his master's research.

His experiences as an avid cross-country runner have also strengthened his love for the mountains. He attributed his life principles to his mentors who taught him the "work hard, play hard" ethic, which involves a lifestyle dedicated to pushing oneself to achieve across three areas: professionally both in academics and occupation; with a focus on the family and community outreach. Don't miss it!

August 23 - Hydration and Seniors: How to Stay Healthy

Presented by Dr. Bret Barker, DNP, FNP, RN, president of Drenched IV Inc. A key to maintaining good health is staying hydrated. Water isn't just a thirst-quencher. Water is essential to almost all bodily functions: transporting nutrients and waste efficiently, pumping blood to our heart, healthy skin, and lubricating our joints. Up to 40% of older adults are chronically dehydrated according to one study. Complications of dehydration are many. Come learn ways to increase your water intake to help you avoid these complications and stay out of the hospital. Dr. Barker is a local resident of Carmel who has worked in critical care and taught registered nursing at Gavilan College in Gilroy for ten years, and RN to BSN at CSUMB for one year. Dr. Barker is primarily a holistic practitioner using diet, exercise, nutrition, stress relief and other modalities beyond medicine to achieve optimal health.

August 30 - Aging in Place: When, Where and How to Access Community Resources

Join us for a panel discussion with Q &A where we will discuss resources to prepare and maintain living independently and safely in the community. Presented by Elizabeth Yanez, LVN, Business Development Manager of VNA and Aimee Cuda, Chief Administrative Officer and co-owner of Central Coast Senior Services, Inc. This panel discussion will focus on discussing various community resources, as well as where and when to begin your search when living independently is your main goal.

Elizabeth is licensed nurse by trade and has worked in a senior living environment for many years. Aimee’s work over the years has supported Meals on Wheels of the Monterey Peninsula, ITNMontereyCounty, Legal Services for Seniors, Alliance on Aging, Hospice Giving Foundation, Area Agency on Aging, Mobility Advisory Committee, Monterey Community Voice for Aging, The Carmel Foundation, and The Alzheimer’s Association.